

## GENERAL GUIDELINES FOR KEEPING A STUDENT HOME FROM SCHOOL

It is sometimes difficult to decide when and how long to keep an ill child home from school since regular attendance is essential for success in school. Outlined below is some information regarding common illnesses to assist you in knowing when it is appropriate to keep your child home. The timing of an absence is often **crucial** in order to decrease the spread of disease to others and to prevent your child from acquiring any other illness while his/her resistance is lowered. The following guidelines represent the more common illnesses and the usual recommendations of the Ohio Department of Health Communicable Disease Chart and Cincinnati Children's Hospital Medical Center (<http://www.cincinnatichildrens.org/health/default.htm>). **When a student is absent from school, a parent or guardian must notify the school office at 921-3490 before 9:00 a.m. stating the reason for absence.**

**COMMON COLD:** Sore throat, watery discharge from the nose and eyes, sneezing, fever, chills and general body discomfort. Your child should remain home if fever is present or if symptoms are serious enough to interfere with your child's ability. Your child should not return to school until she has been without a fever for a full 24 hours. Spread of infection can be minimized by good handwashing and covering your face and mouth when you cough or sneeze. Medical care should be obtained if symptoms persist beyond 7-10 days, high fever develops or nasal discharge becomes yellow or green.

**DIARRHEA/VOMITING:** Three (3) or more loose stools (stools with increased water content and/or decreased form) in a 24 hour period. Additional symptoms may include nausea, vomiting, stomach aches, headache or fever. Your child should not return to school until she is without diarrhea and / or any associated symptoms for a full 24 hours. If your child has had any of these symptoms during the night, she should not be sent to school the following day.

**FEVER:** If your child's temperature is 100.0 degrees F or greater (or 1 or 2 degrees above the child's normal temperature) she should remain home until she has been fever free for 24 hours without the use of fever reducer medication (acetaminophen – i.e. Tylenol or ibuprofen – i.e. Advil or Motrin). Remember fever is a symptom indicating the presence of an illness. Also remember that ASPIRIN should NOT be used as a fever reducer in teenagers.

**FLU:** Abrupt onset of fever, chills, headache and sore muscles. Runny nose, sore throat, and cough are also common. Your child should remain home if she feels ill or has a fever. Your child should not return to school until she is without fever for a full 24 hours. **DO NOT GIVE ASPIRIN** to treat flu, fever, or body aches in teenagers because it increases the risk of getting Reye's syndrome, a serious illness. The flu is caused by viruses and ANTIBIOTICS do not help.

**STREP THROAT AND SCARLET FEVER:** **Strep throat:** fever, red throat with pus spots on the throat, tender swollen neck glands (lymph nodes), and often in older children headache. Symptoms can be quite variable. **Scarlet fever:** same symptoms of strep throat plus red rash on skin and inside of the mouth - "strawberry red tongue." Your child should remain home from school until receiving a full 24 hours of antibiotic therapy and until without fever for 24 hours.

Antibiotics prescribed by your physician for strep infections should be taken until all medication is gone. Only when these directions are followed correctly is the strep germ completely eliminated from the body, no matter how well the child feels after the first few days of receiving medication.